

CLAIMS

We claim:

- 5 1. A shopping list apparatus comprising:
- a pre-formatted sheet of paper organized in a tabular format on the front side of said sheet of paper wherein each cell of said tabular format comprises a category heading for the items to be purchased and space for listing said items to be purchased under said category; and
- 10 wherein said sheet of paper has placed up on it a strip of pressure sensitive adhesive or glue on the top edge of the back side of said sheet of paper facilitating assembling a plurality of said sheet of paper in the form of a pad and enabling a user in forming a loop of said sheet of paper by attaching said top edge having said adhesive strip to the bottom edge of said sheet of paper while shopping.
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2. The apparatus of claim 1, wherein a plurality of said sheet of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper.
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3. The apparatus of claim 1, wherein a plurality of said sheet of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper, and wherein said pad is placed on a refrigerator or a similar surface.

4. The apparatus of claim 1, wherein said items to be purchased are listed in said space on said sheet of paper by one or more users on a real-time basis as the need arises until the time of shopping whereby creating a completed shopping list, wherein at the time of shopping the user wraps said completed shopping list in the form of a loop
5 around said user's wrist or around the handle of the shopping cart, in a manner such that the front side of the list is on the outer side of the loop, by attaching said top edge with the adhesive to said bottom edge.

5. The apparatus of claim 1, wherein a food pyramid is superimposed on said pre-
10 formatted sheet of paper enabling the user in shopping for a balanced diet.

6. A reference list apparatus comprising:

a pre-formatted sheet of paper organized in a tabular format on the front side of said sheet of paper wherein each cell of said tabular format comprises a category
15 heading for the items to be referenced and space for listing said items to be referenced under said category; and

wherein said sheet of paper has placed up on it a strip of pressure sensitive adhesive or glue on the top edge of the back side of said sheet of paper facilitating organizing a plurality of said sheet of paper in the form of a pad and enabling a user in
20 forming a loop of said sheet of paper by attaching said top edge having said adhesive strip to the bottom edge of said sheet of paper while using said sheet of paper for reference.

7. The apparatus of claim 6, wherein a plurality of said sheet of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper.

5 8. The apparatus of claim 6, wherein a plurality of said sheet of paper are attached together in the form of a pad using said pressure sensitive adhesive applied to said top edge of said back side of each of said sheet of paper, and wherein said pad is placed on a refrigerator or a similar surface.

10 9. The apparatus of claim 6, wherein said items to be referenced are listed in said space on said sheet of paper by one or more users on a real-time basis as the need arises until the time of using said sheet of paper for reference whereby creating a completed reference list, wherein at the time of using said reference list the user wraps said completed reference list in the form of a loop around said user's wrist, in a manner
15 such that the front side of the list is on the outer side of the loop, by attaching said top edge with the adhesive to said bottom edge.